

HIGHLIGHTS

January 2004

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XIV, No. 1

Service Chief Spotlight— Victor Cota

Strong Proponent of Mentoring Experience

Victor Cota, PhD, LCSW, and Service Chief for Children and Youth Services/ Costa Mesa Region, operates under the premise that when possible, placing a CYS client with a trained mentor is an integral and dynamic element of the clinician's ability to provide timely and effective therapeutic intervention.

"I see the benefits of CYS-Project Together, not only from the clinician's individual viewpoint, but as Service Chief for this region, I am able to see a broad spectrum of positive affects this program offers," said Victor.

Victor regularly encourages clinicians to utilize the CYS-Project Together program whenever it is feasible for them to do so. "I see CYS-PT as the right hand to our clinical work," said Victor. "The mentors provide the clients with meaningful and valuable adult centered relationships."

A majority of this region's clinicians request a mentor, which, according to Jonathan Schiesel, CYS-PT Regional Volunteer Coordinator assigned to that region, is evidence of Victor's ability to communicate his belief in mentoring. "Within the first few weeks of a new therapist's employment, Victor encourages them to meet with me to become familiar with the support CYS-Project

Together provides the therapeutic team," said Jonathan.

The mentoring experience and resource support is a critical adjunct to our services. Jonathan noted that a further demonstration of Victor's encouragement and support is observed in each regional staff meeting. "Victor places CYS-Project Together on the agenda so that I can keep the clinical staff updated as to our services. During this time I am able to provide the staff with information about the availability of mentors who are completing training, and resources that CYS-Project Together can provide to our clients in

need, such as backpacks, school supplies, winter clothing, holiday meals, a week at summer camp, etc."



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A Month Dedicated to Mentors

January has been designated National Mentoring Month to focus attention on the need for mentors to help assure a brighter future for young people who are at risk of not achieving their full potential.

Spearheaded three years ago by the Harvard Mentoring Project and MENTOR/National Mentoring Partnership, both are continuing to lead the effort to encourage individuals, businesses, government agencies, schools, faith communities and nonprofits to work together to increase the number of mentors working with children.

The theme for National Mentoring Month is "Who mentored you? Thank them...and pass it on!" The idea is to encourage people to think about those individuals in their lives, such as family members, teachers, coaches, neighbors and friends, who encouraged them, showed them the ropes and helped them to become what they are today. The campaign's message is that today, too many young people do not get enough of that kind of support; mentoring programs can help fill the gap, but more volunteers are needed.

Television advertisements scheduled to appear on ABC, CBS, Fox and NBC networks, will reinforce the idea that everyone has something of value to share with a young person. Interested persons will be directed to www.mentoring.org, the web site where one can learn how to become a mentor in their community. CYS-Project Together is listed on that web site.

President George W. Bush, both houses of Congress, numerous political figures, major media companies, prominent non-profit organizations and renowned Hollywood and athletic celebrities, have endorsed national Mentoring Month.



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Mentoring Tips and Tidbits

Positive Words/ Actions Can Enhance Child's Sense of Self

The act of encouragement, according to Webster's Dictionary, is to inspire another with courage, confidence or hope for success. As a mentor, you have the opportunity to encourage a child's dreams or aspirations and strengthen his or her confidence, every time you are together on an outing. The following suggestions, taken from the CYS-Project Together mentor-training handbook, may be of help.



- Work for improvement, not perfection.
- Build on strengths, not weaknesses.
- Commend the child's effort. Often the effort is more significant than the result of the effort.
- Separate the deed from the doer. One may reject the child's actions without rejecting the child.
- Motivate and lead the child, but do not try to push him or her ahead. Let the child move at his or her own pace.
- In competitive situations, promote co-operation and contribution, rather than winning.
- If a child makes a mistake, let the child know that you do not view the mistake as a failure, but as an opportunity to learn and grow.

January 15 is Thank Your Mentor Day!

Do you remember who mentored you? When you were a child or young adult, was there someone in your life, such as a teacher, neighbor, relative, coach, friend or boss, who encouraged you, showed you the ropes, and helped you become who you are today? Although you may be a mentor to a child today, chances are there was a person in your life that mentored you.

In conjunction with National Mentoring Month, Thursday, January 15 has been designated as the first-ever national THANK YOUR MENTOR DAY. Three ways to honor your mentor have been suggested by the Harvard Mentoring Project and MENTOR/National Mentoring Partnership, originators of the event.

1. **Send an E-Card**—Visit Hallmark.com to send your mentor a FREE E-Card specially designed for National Mentoring Month.
2. **Pass It On**—If you are mentor, share the experience with someone you know whom you believe would be a great mentor for a CYS-PT child or teen.
3. **Write a Tribute**—Have you thought about someone who encouraged you and gave you confidence, but regret never having said "thank you?" Here's your chance to remember them by writing about how they made a difference in your life. If there are particular events or moments in your life that you recall about your mentor that you would like to share with others, visit www.WhoMentoredYou.org and click on National Mentoring Month, then Thank Your Mentor Day. Scroll down to Write a Tribute where you will find complete information on submitting your mentoring story.

"Mentoring comes first, because we know that if society doesn't provide constructive mentors and role models for kids, they are going to find their own on street corners, in gangs or in drug dens."

—Remarks by General Colin Powell at the 1998 California Mentor Summit hosted by the California Mentoring Foundation and Disneyland.

Service Chief Spotlight—Victor Cota

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A graduate of California State University, Sacramento and the University of Southern California, where he received his PhD in social work, Victor has remained dedicated to the human service profession. From 1982 to 1989, he worked as a clinical social worker with Visions Limited, a county contract agency in Sacramento serving the mentally ill. He began with HCA/Children and Youth Services in 1989 and was appointed Service Chief of the Costa Mesa/South region in 1996.

Throughout his career, Victor has served as an advocate of programs that can assist those in need. "I believe that the parents of the children who benefit from CYS-PT feel that the mentoring experience and the resource support is a critical adjunct to our services, and is as equally beneficial as the clinical work we do."

JANUARY 2004

Calendar of Events

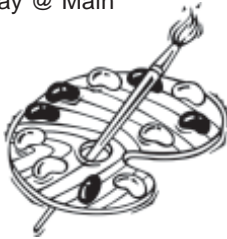
The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults.

Saturday, Jan. 3
Pier Plaza Art A-Faire

Pier Plaza
Pacific Coast Highway @ Main
Huntington Beach
(714)536-2213

This popular event features over 50 crafters from Southern California.

Time: 10 a.m.
Cost: Free



Saturdays, Jan. 3 & 17*
Re-Veg Our Bay

Upper Newport Bay Reserve
2301 University Dr.
Newport
(949)923-2290

Volunteers are needed to help plant 180 native plants to re-vegetate the bay.

Time: 9-11 a.m.
Cost: Free

Friday, Jan. 9-Sunday, Feb. 1
"Stars In Your Eyes"

Huntington Beach Playhouse
Central Library Theater
7111 Talbert Ave.
Huntington Beach
(714)375-0696
www.hbph.com

This musical is written by Chip Meyrelles and is directed by Robert Rotenberry.

Time: Call for curtain times
Cost: Tickets \$6-\$20

Sunday, Jan. 11

DELTA 88's

Dana Point Harbor

In Front of Harpoon Henry's Restaurant

34555 Golden Lantern

Dana Point

(949) 496-1094

www.danapointharbor.com

This South Orange County-based blues band features the powerhouse blues voice of Terry Bishop and plays a variety of blues styles, as well as classic R & B and blues-rock.

Time: Noon-3 p.m.

Cost: Free

Saturday-Sunday, Jan. 17 & 18
National Scholastic Surfing Association

Southwest Open Surfing

OSMAS Air Show

South Side of Huntington Beach Pier

Pacific Coast Highway @ Main

Huntington Beach

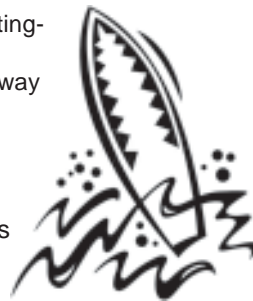
(714)536-0445

www.nssa.org

Open to students only, this is the highest level of competition and holds an A rating.

Time: Sunrise to sunset

Cost: Free to watch



Saturday & Sunday,
Jan. 17 & 18

West Coast Reptile Show

Orange County Fair & Exposition Center
Building #17

88 Fair Dr.

Costa Mesa

(714)826-6600

www.radicalreptiles.com

Time: Saturday 10 a.m.-6 p.m.

Sunday 10 a.m.-5 p.m.

Cost: Adults \$5
Children under 12 Free

Thursday-Saturday, Jan. 29-31
"Westward, Whoa"

Clubhouse Theater

Huntington Valley Boys & Girls Club

16582 Brookhurst St.

Huntington Beach

Proving innocence may not be easy, but it sure is hilarious. This "who done it" musical tells a riveting story about a wagon train that breaks down outside the town of Vinegar Bottle and is robbed by a mysterious outlaw known as "The Snake."

Time: Call for curtain times

Cost: \$5

Saturday, Jan. 31
Feathery Friends*

Orange County Zoo

1 Irvine Park Road

Orange

(714) 973-6847

Participate in creative activities and learn about the world of birds, even those that can't fly. Bring a sack lunch to eat at the park. Suitable for children in first and second grades.

Time: 11:30 a.m.-2 p.m.

Cost: \$6

Park admission and parking free to CYS-Project Together mentors with HBR Passes



***Mentors may use the Harbors Beaches & Parks passes for entry and parking at County of Orange facilities.**

Special events may have an additional fee.

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Albertson Community Partner
Boise, Idaho

Autobytel Employees
Irvine

Jean Brayer
Santa Ana

Veronica Chavez
Santa Ana

Kalpana Chakrabarti
Anaheim

Maria Cruz
Orange County Library
Silverado Branch

E-Machine Employees
Irvine

Mark Garms
Irvine

Maria Guevara
Placentia

Mark Gunderson
Huntington Beach

Stanley Hall
Westminster

Young Joon Kim
Fullerton

LensCrafters
Laguna Hills

Lee Lombardo
Santa Ana

Mission Hospital
Mission Viejo

**Orthodyne Electronic Company/
Employees**
Irvine

Esther Morales
Santa Ana

Ken Rojo
Los Angeles

Sewing Guild
Fullerton

Janelle Wheeler Smith
Westminster

Starbucks
Dana Point

Statek Corporation
Orange

**St. Simon and
Jude Catholic School**
Classrooms 7A & 7B

Sandy Viernes
Santa Ana

Vision Solutions Employees
Irvine

Mentoring Matters

WELCOME NEW MENTORS

South/Costa Mesa	XiaJia "Jenny" Guo Lorena Sanchez Bahema David Kniffen
South/Laguna	Robert Koebitz
East	George Russell Elizabeth Shewring
North	Elizabeth Bruton

THANKS TO THOSE WHO HAVE MOVED ON

South/Costa Mesa	Michelle Louis
East	Ryan Maddox Edgar L. Lara
West	Alarian Anderson
North	Christine Helwich Lucy Valdez

HAPPY BIRTHDAY

Kevin Su	1/1
Wendy Meyers	1/2
Raina Clampitt	1/2
Jolene Sagan	1/4
Oscar Gonzalez	1/5
Heather Laird	1/27

"Volunteers are not paid, not because they are worthless, but because they are priceless."

From a "Training Guide For Mentors," National Dropout Prevention Center.

Holiday Donors Bring Joy, Gifts and Food to Hundreds of CYS Children and Families



Many Children and Youth Services clients and their families were the recipients of generous donations of food, clothing, toys and gifts throughout November and December of 2003. Several organizations, businesses and individuals, like the Construction Purchasing Association (below and right), and Vision Solutions (above) personi-

fied the spirit of the holidays by offering to share their celebrations, through monetary or gift donations, with CYS clients who did not have their own resources for holiday gifts or food. The February Highlights issue will be dedicated to CYS-PT and Aspen Community Services 2003 donors who have shown the true spirit of giving.



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Children and Youth Services/Project Together
405 W. 5th St., Suite 436
Santa Ana, CA 92701
(714)796-0100
CYSPT@ochca.com
www.ochca.com/behavioral/cyspt

Contributors to This Issue:
Nancy Robins
Jonathan Scheisel
Martha Murphy

To submit an item for the Newsletter,
please call (714)796-0100 or email
cyspt@ochca.com.

How to Contact Children and Youth Services—Project Together

General Information

Phone: (714) 796-0100
Website: www.ochealthinfo.com/behavioral/cyspt
Email: CYSPT@ochca.com

Central Staff

Sharon Modaff, Service Chief I (714)796-0100
Nancy Robins, Program Supervisor I (714)796-0115
Martha Murphy, Volunteer Coordinator (714)796-0121
Peggy Evans, Volunteer Coordinator (714)796-0117

Regional Volunteer Coordinators/Resource Specialists

East—Veronica Chavez (714)480-6756
North—Sunney Shin (714)577-5422
South/Costa Mesa—Jonathan Schiesel (714)850-8444
South/Laguna/Mission Viejo—Lee Boon (949)499-8614
West—Diane Prescott (714)896-7509
Aspen—Adrienne Davalos (714)565-2830

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



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County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together Highlights

405 W. 5th Street, Suite 436
Santa Ana, CA 92701

CYS-Project Together provides mentors and supportive services to clients of Children & Youth Services

